

PLAIN TALKS is issued by the Advertising Department, Gulf States Utilities Company, Lock Drawer 2951, Beaumont, Texas. Kenneth Sutton, advertising director, James S. Turner, supervisor of publicity and editor; Jack Stengler, associate editor; Alton Young, associate editor; Jasper F. Worthy, contributing editor, Baton Rouge; Don Hinkle, contributing editor.

G. S. "YOU" AND UNITED FUND CAMPAIGNS

A freckle-faced, smiling lad of ten cheerfully shows visitors his dog. (He's the ward of a children's home, because his mother and father have separated.)

A group of bright-eyed children of from four to seven years sing hymns and learn good manners in a nursery home. (They're there because their parents can't afford baby-sitters while they both work.)

Elderly ladies, mostly in their seventies and eighties, proudly show photographs of long-dead loved ones. (They're in a home for the aged, where they will live happily for the rest of their lives.)

A child born with cerebral-palsy gamely tries to use special equipment which will help her walk and talk. (She's in a C-P home receiving the best of nursing and care.)

A lonely old man, confronted with another long, hungry night, finds a hot meal and a bed at the Salvation Army post. (He's one of an army of aimless wanderers, with nowhere to go and no one else to turn to.)

A skilled team of medical research technicians search endlessly for the answer to those most voracious killers heart disease and cancer. (They're fighting to save YOUR life or the life of someone you love.)

These are only a few samples of the results achieved by the dollars we give each year to the once-for-all drives in communities throughout our service area. The names may differ slightly-United Appeals, United Givers Fund, United Fund-but most of them do contain the name that spells the difference between success or failure. The key word is "United."

The "United" drives which help support literally hundreds of needed agencies are, in our opinion, a classic example of the American tradition of taking care of our own-without asking for the establishment of still another tax-supported government bureau.

As long as we the people are united in our determination that our children shall have the chance to shape worthwhile lives for themselves, that our old folks will not be forgotten even though all relatives are gone, that our medical research teams will have the money to carry forward their work to lick the horrors of cancer and heart ailments, that our children born with two strikes against them will be able to fight back to normalcy, as long as we support these things at home, America isn't in such bad shape after all.

-JST

September, 1958 Vol. 36, No. 9

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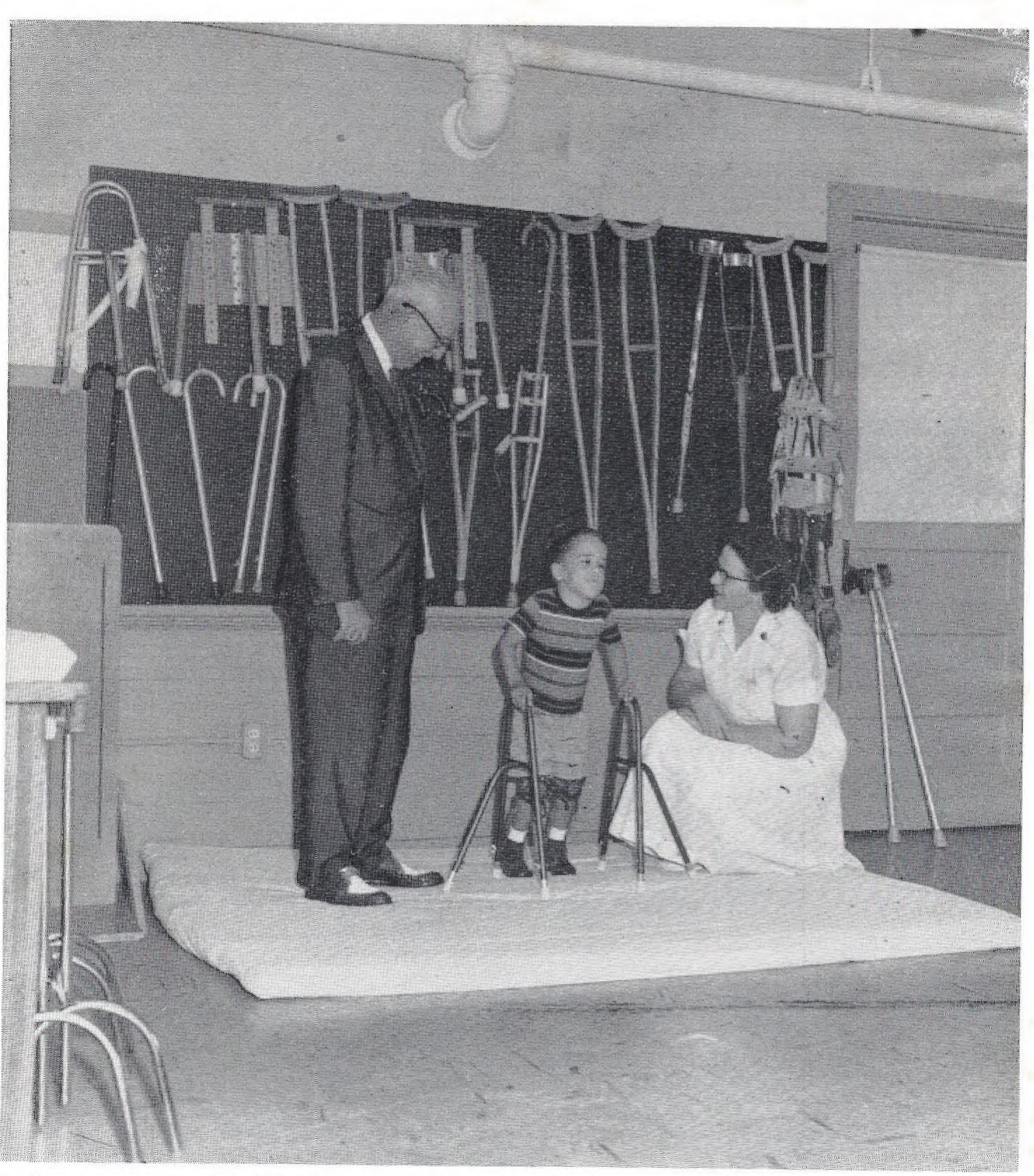
OUR COVER



The eye of the camera, aimed by capable Lake Charles American Press photographer Sam Guillory after Hurricane Audrey's visit last year, records the faces of people who have just had a brush with death. This Cameron Parish mother and her three-year old daughter were rescued by the Louisiana State Highway Patrol from the floating rooftop of their home after they had been adrift for hours, and had been swept 25 miles. They were photographed as they were being taken to a Red Cross disaster shelter. Like thousands of other victims of Audrey, these folks were indirectly helped by your contributions to the 1958 "oncefor-all" drives in your neighborhood. These people first thanked God for their lives. Then they thanked you, and others like you, who made help available in their worst hours. Support your united fund drives again this year. You'll never regret it.

"Mhatever ye have done to these, the least of My brethren, ye have done to Me"

MATTHEW 25:40



A glimpse at your "Once For All" dollars at work. E. L. Robinson, left, general chairman for the 1959 United Appeals campaign in Beaumont, and Mrs. Margaret Snider, physical therapist and director at the Cerebral Palsy Foundation there, chat with James Edny Duke, patient at the foundation. In the background is some of the equipment used in the rugged fight against the crippling disease.

It's called by varying names in different places.

In Navasota and Port Arthur it's United Fund, in Baton United Givers Fund, in Beaumont and Lake Charles United Appeals. In other communities we serve it's the Community Chest. But the end product is the same—her sands of people are helped, some kept from tragedy, the organizations which have taken it upon themselves lp their fellow man.

At Gulf States we're directly involved. During the campaign season (1959 drives are underway now) Company people come forward to offer their help. They become section captains, floor leaders, and our officials become chairmen, committeemen, advisors to both local and area efforts. For many it's a year-round business. They serve on annual committees that offer aid and support to the agencies which look after the down-and-outs, the abandoned young, the tired and discouraged, and provide treatment and research to combat the killing diseases of the heart, and cancer.

Through their long history of campaign work Gulf Staters have become recognized as leaders in worthwhile civic enterprises throughout the area we serve. That kind of reputation can't be bought but it has been earned by each employee.

It's a noble work, and not without difficulty. But the feeling "why should I give?" has a tendency to do a complete changeup when the individual concerned has a look for himself at the agencies served by the appeals groups, at the tiny victims of cerebral palsy, the happy-eyed youngsters who came from no homes and found friends and hope in a community-sponsored haven, the old being cared for.

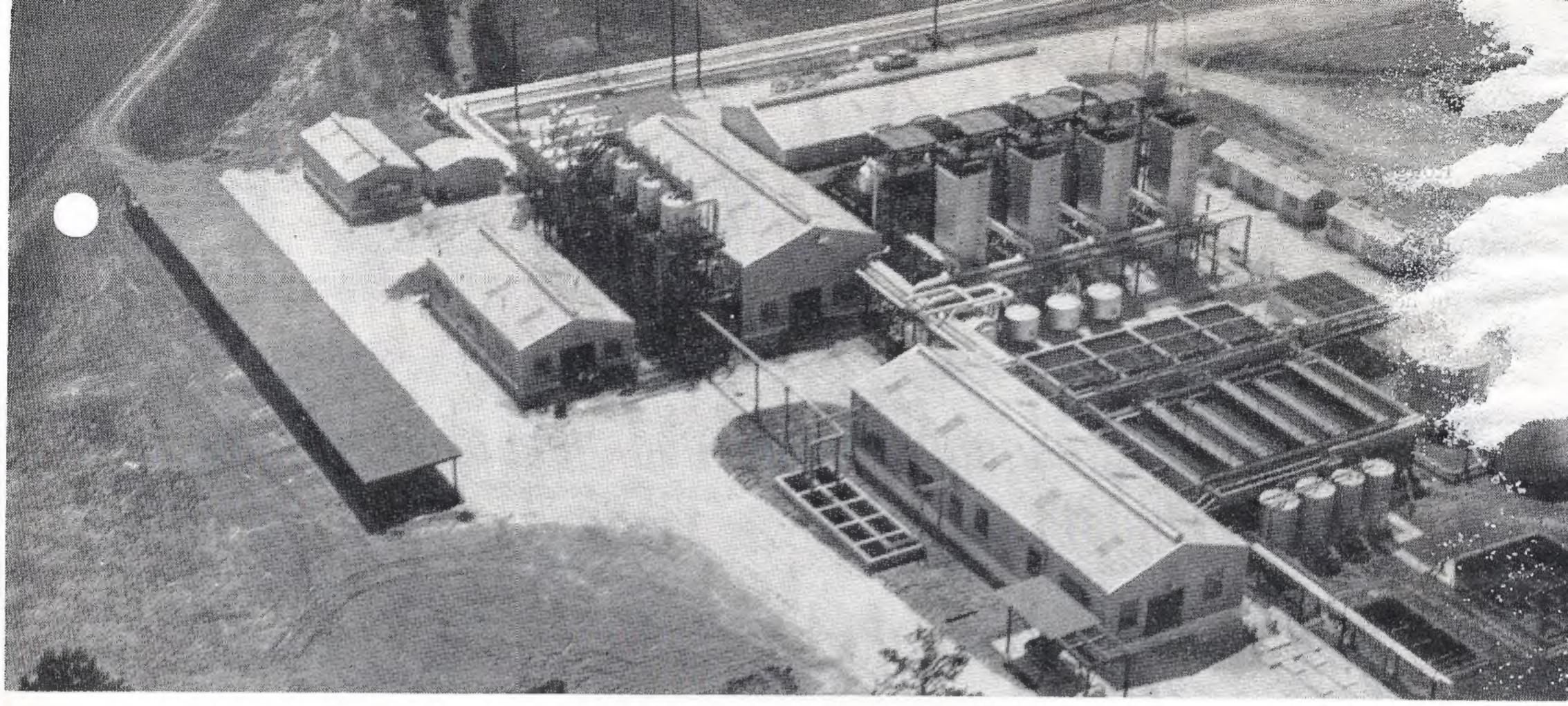
We give once for all. Campaigns are set up efficiently, eliminating the red tape of strung-out fund-raising and cutting the overall cost of the drives.

And we all give. We give because we're able, though it's easy enough to say "that's not so I need mine." But the very fact that you're able to read this now after returning from a doy on the job should be enough to convince you that you're among a mighty privileged class of mankind—the person who's able to help himself.

There are a lot who aren't so fortunate. For them you become more than just another human being . . . you become their benefactor by offering them a chance for a decent, happy life.

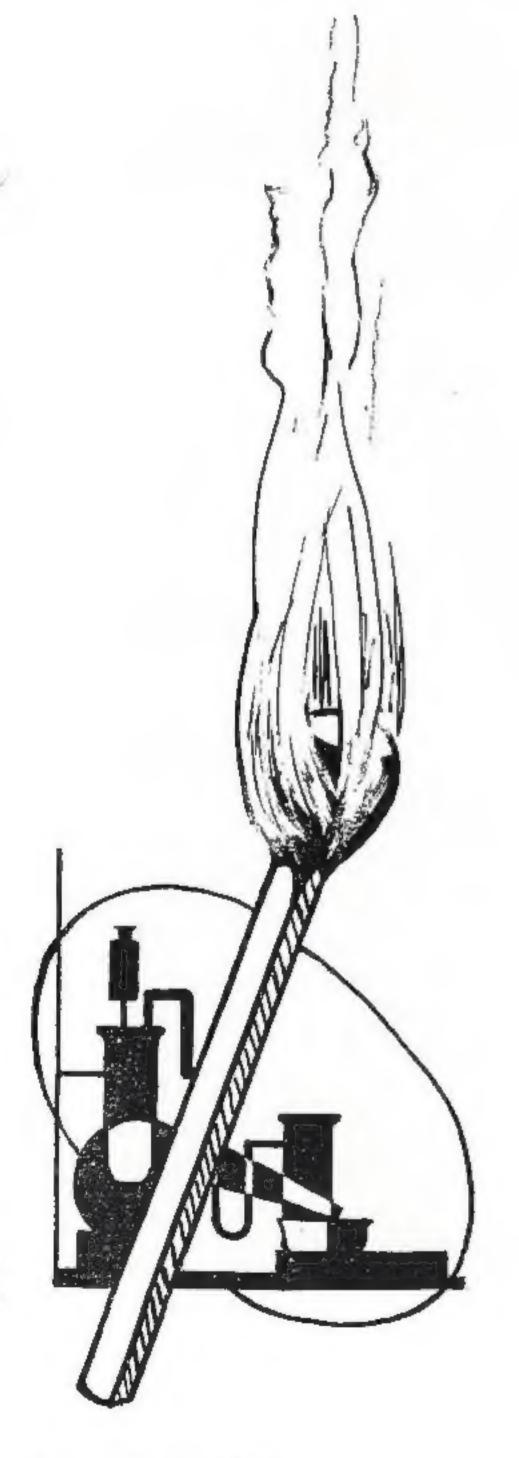
A chance to look up.





Texas Gulf Sulphur Company's Fannette Plant.

Area's Sulphur Serves The



September, 1958

Yellow molten lava spews from the pipes into huge pits out of which comes a brimstone smell like that of the pits of Dante's Hades. . . This is sulphur, an element that is one of industry's basic tools and one of our area's most important products. Of the 12 sulphur domes in the U. S. (which produce 85 per cent of the world's total supply) three are in our service area and contribute added usefulness by attracting more industry.

The latest, the new Fannett Dome plant, which is located 13 miles southwest of Beaumont, was opened in May of this year by the Texas Gulf Sulphur Company, and joins this company's two other domes: Moss Bluff Dome in Liberty county and the Spindletop Dome, also near Beaumont.

Half-Million Tons Annually

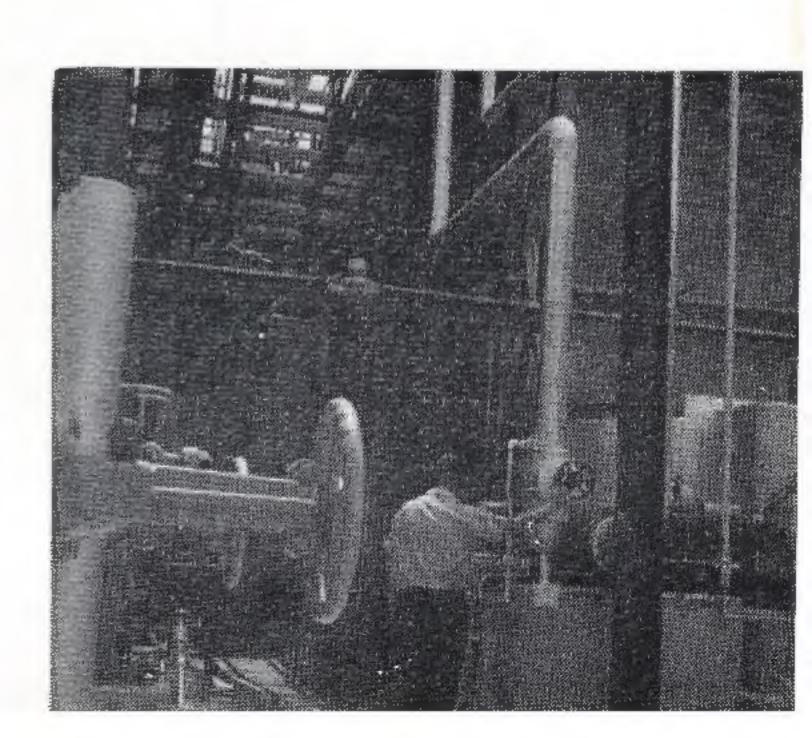
Fannett Dome plant can produce approximately one-half million tons of rich yellow sulphur a year. It utilizes a method of mining known as the Frasch process, operated from a modern semi-automatic plant. By this process, water from a reservoir is heated in giant boilers to 320 degrees and pumped into the mine. Melted by the

World

boiling water, the sulphur comes boiling to the surface through pipes. With a purity content above the proverbial "99.9 per cent," this molten sulphur is next shipped to the company's nearby facilities at Spindletop where it is poured out in sheets to dry.

From there the sulphur goes to industrial plants where it fulfills a myriad-and-one uses, most well-known of which are the manufacturing of matches, gunpowder and sulphuric acid.

It's a vitally important industry, and a welcome addition to the Beaumont area's growing industrial complex.



LINEMAN.



Page 4

By AL YOUNG

Number two in a series of articles on the people who make up your Company.

"Headache."

It was more than a shout, it was a command, echoing down from the tall pole and causing a hurry-up of action on the ground.

The two men who had been working directly under the man on the pole top fell back quickly and the crescent wrench smashed harmlessly into the ground.

Nobody was burt, not even a dented hard hat resulted, so the men picked up the crescent and got back to work. The instant reaction of the man up top was not an accident trained reflexes for safety are an integral part of the job when you are a lineman.

This is a story about linemen, and it is a timely one, maybe even overdue—for here at Gulf States we have a special breed. No one story would sum up everything some days they are





working with "tame stuff" and it just amounts to putting in the usual busy eight hours some days things go haywire in the system and they are living high adventure.

When they strap on the "gaffers" in the morning it may be just to make a routine climb or the spikes could become a fast ticket to trouble on a windlashed pole.

Things are never static in this job, anyone in the line crew will tell you. All the safety precautions drilled into our linemen become all-important in the face of an Audrey or the destructive funnel of a tornado. The everyday chores of keeping dependable electric service available to about a quarter of a million customers are pretty important whether you are working with 138,000 or 115 volts.

Let's take a look at the men themselves. We'll begin with the "grunt." This individual is the neophyte to line operations. A beginner is known in other industries by varying pseudonyms... in the oil fields they call him "boll weevil" and among the oldtime cowboys they called him "greenhorn."

Illustrations by Charlotte LeVois

In our Company's restance of a grunt" and during the several times.

The "grunt" is crew and as such as a supplies up to a supplies up to a supplies up to a supplier of as their other pair of

The linemen themselves and down into first, second fourth classes. A new cour Line Departments and for the special Lineman's week training course for helpers. After the fleight graduates from the screen a certain period in each fore he moves up to the course of the line and becomes line class. But it's strictly up to himself how far he literally this work.

The foreman is in charge of things. He usually has from five to seven menticular judy and any particular judy assigned the crew is this haby. Among the foremen in the Company you'll find decades of experience and know-how. It's necessary... when you are handling thousands of dollars in mentioned and plant every day, your decisions must be made quickly—and right!

There is a special kind of humor



Page 6



Vintage 1919

among the line crews the kind that makes a tough situation sort of a game and builds "esprit de corps." There's some good-natured ribbing among the men but they're dead serious when it comes to doing a job safely and well. The humor never slows things down, just makes it easier to keep plugging away, getting the job done right.

This—the lineman's story—is also dedicated to the servicemen and troublemen who climb the poles to keep the current coming. Plain Talks salutes the "man on the pole" and shows our Company's pride in these "front-line" members of the Gulf States team.



THE HUNTSVILLE PRISON: HOME OF RODEOS AND REHABILITATION

THE tension of the 30,000 spectators is loosed in a mighty roar as the gate opens and a wild-eyed Brahma bull clouds the arena in dust as he fights to rid himself of the rider perched precariously atop his back.

This scene has been repeated many hundreds of times in the 26 year history of the Texas Prison System's rodeo. Held each Sunday in October, it attracts up to 100,000 persons from all over the nation and many foreign countries each year.

"The rodeo is held in our \$1,000,000 stadium here in Huntsville," stated J. F. Heard, assistant for business and custody of the System. "Inmate performers aren't professionals and the stock is from our farms

and isn't used in any other rodeo."

Performers are selected for this two-hour show from inmate volunteers. They are given two try-out periods—the two Sundays before the rodeo begins and the best are picked as contestants.

"Our method of acquiring performers and stock assures a fast show where anything can happen, and usually does," he continued. "But, even with this apparent lack of training, there have been no deaths in the rodeo history."

"Gulf Staters, no matter where they live in our service area, are no more than 300 miles from one of the finest rodeos in the country," according to Raymond Wright, district superintendent for the Huntsville area.

"If anyone of our employees wants more information, or if I can assist in getting room reservations for them during the rodeo, they can let me know and I'll be glad to help," he added. (Mr. Wright and the rest of our employees in Huntsville work closely with the Prison officials in servicing the huge kilowatt load needed for air-conditioning, lighting, alarm systems, electrically operated gates, electric motors in the shops, etc.

The afternoon's excitement has never been interrupted because of rain, but one year it poured until 20 minutes before the show, quit, then resumed raining 20 minutes after.

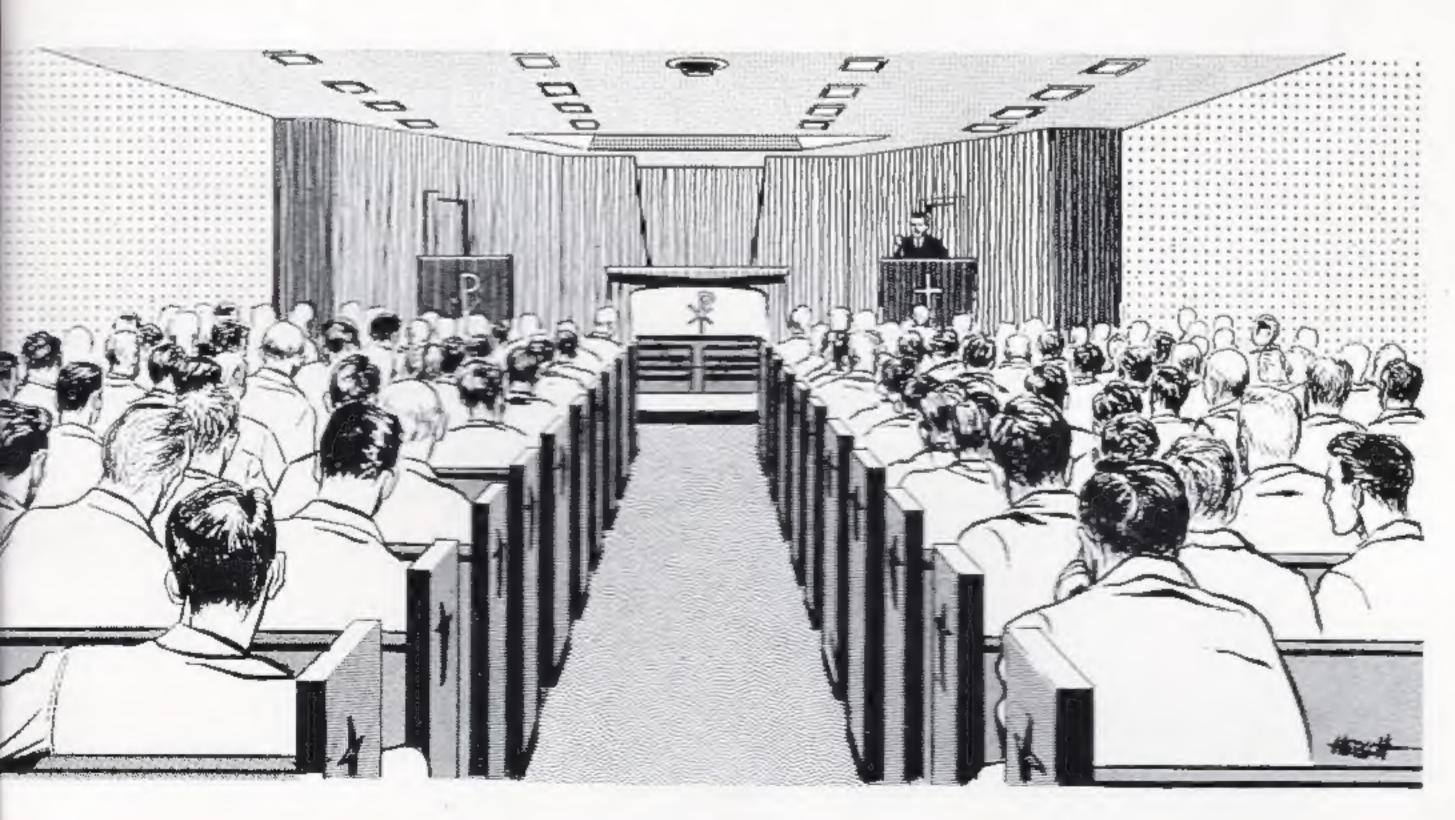
A look at the program shows some events not found on the bill of fare for other rodeos. One, the Mad Scramble, matches ten riders on ten bulls, released simultaneously, to see who can stay on long enough to reach the far end of the arena first.

A Wild Horse Race features 10 brones and 30 men, three men on a team. The first team to rope, saddle and ride a brone wins this event.

Wild Mare Milking again pits ten animals against as many three-man teams. Here the object is to catch a mare, hold her and milk a few drops into a soda-pop bottle and carry it to the judges' stand first.

Lee Simmons, then general manager of the Prison





System, started the rodeo in 1931 for the entertainment of the inmates. Public performances were begun later and outside attractions, like Richard Boone of TV's "Have Gun Will Travel" and Dale Robertson of "Wells Fargo." scheduled for this year, add variety.

Program Has A Purpose

The show not only gives inmates a recreational activity, but its proceeds—about \$70,000 gross a year—go into the Prison's Education and Recreation Fund.

The E & R Fund is used for carried out an accelerated rehabilitation gram. It pays for inmate education spiritual guidance, recreation like movies, a band and spiritual training, plus special

care such as dental work, glasses, artificial limbs, etc.

Texas is the only state where these expenses are entirely paid from funis not obtained through taxation. And its rehabilitation program compares very favorably with those of other states.

This program, along with the System's policy of "everyone works," makes the cash cost-per-inmate-per-day the least in the nation—96¢. It also saves in construction of new facilities. The new Eastham unit cost \$3,000,000, but in any other state would have been from 12 to 15,000,000 dollars.

Inmate education isn't neglected and a high school diploma, acceptable by almost any college or university in the nation, may be gotten if prescribed tests are passed.

Employment Made Possible

Employment, a major readjustment problem of newly released inmates, is aided by an agreement between the



Prison System and the Texas Employment Commission. The new inmate is given a battery of tests to determine the field he is best sometime to and if possible, can work at that the while in prison. After the ease the Commission can be taken in the first that the f

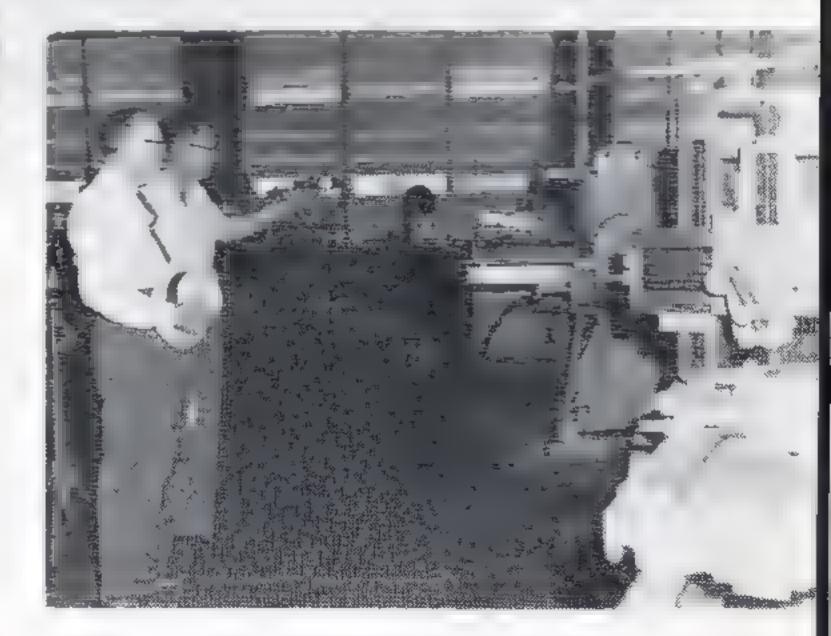
The state of the s

Problem: Overcrowded

Designed to accommodate 8,000, the limits now house over 10,600 inmates. Even with the E & R Fund carrying the rehabilitation load, more money is needed for expansion of facilities, like the new cell-block inside the "walls" at Huntsville.

Even with the efficiency shown by Prison officials in cutting costs and supplementing income, the influx of more and more inmates causes a great need for larger and better facilities

Not all the inmates get the and tages shown the majory for 1 of an include Sharper - - 1 of a short and the sharper and the sharper and the sharper and the sharper and the effect eness of this policy.



Mr. Wright and Mr. Gilstrap inspect the many electrically driven machines in the metal working shop inside the "Walls" at Huntsville.



C. H. Gilstrap, assistant warden in charge of industries, shows R. T. Wright, our Huntsville superintendent, around the metal shop. Here an inmate welder joins two sheets of steel.

Woodville's Busy New Industry Produces TILE – TEXAS STYLE

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Clay shipped in from Tennessee is mixed with a talc substance to form the basic batch which is pounded into molds that outline the shape of the tile squares which are 4¼ by 4¼ inches.

The rough molds move on conveyor belts through processes that remove all impurities from the material, coat them with a glaze that gives any desired color, move them through the blistering kiln that forms them into rock-like consistency, and finally shuttle them into position to be graded—only perfect tile is finally shipped.

Coastal Tiles, which began operations in early 1955, employs 50 people, seven of them Indians from the Alabama and Coushatta Reservation 16 miles out of Woodville.

Its tile is sent to areas over the south and southwestern United States, boosting economy all along the way and especially right at home.

Coastal Tiles, with its optimistic outlook and unique product which produces jobs, its community spirit and healthy competitive attitude, is an outstanding example of how one industry can stimulate area growth and development.

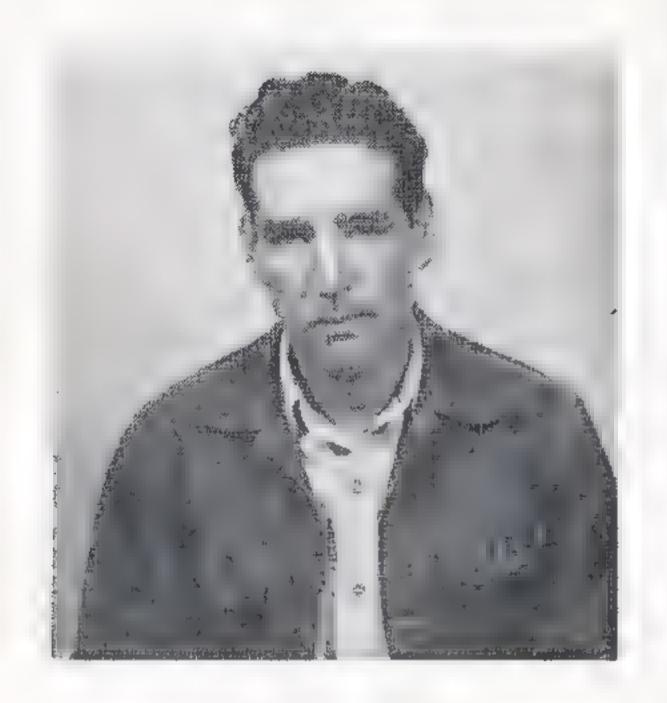


Vic Norvell, left, local superintendent at Woodville, locks over tile samples with Ed Miller, plant manager at Coastal Tiles' installation at Woodville.



Inspecting a stamping machine that gives tile finished shape are, left to right, "Red" Lancaster, plant superintendent (face not shown); Aubrey Sprawls, area development engineer with the Company at Beaumont; Mr. Norvell; Wheeler Alec, plant worker from nearby Alabama-Coushatta reservation, and Mr. Miller.

ACCIDENT TAKES GULF STATERS LIFE



Curtis R. Collins

Curtis Ray Collins, Beaumont maintenance man, was killed in an automobile crash on August 24. He was returning from a visit with his wife and family, currently in Ardmore, Tennessee, at the time of the collision.

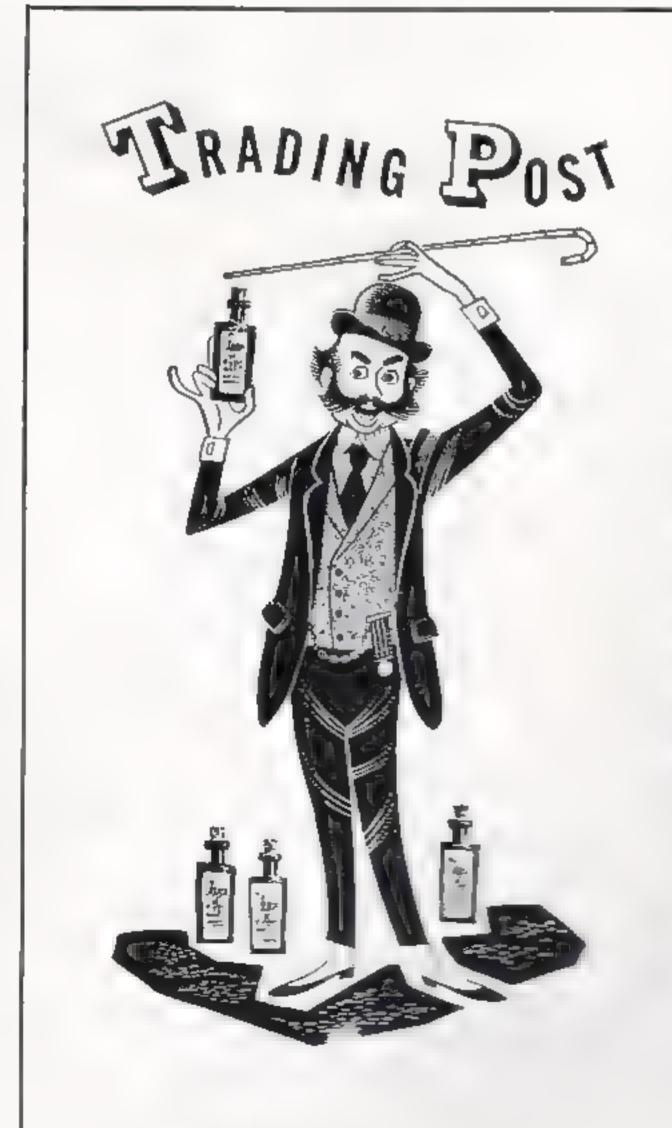
Mr. Collins had been with the Company for six years. He began work at Gulf States as a helper in the T & D Department in 1952, and after serving in various positions in that department was made building and grounds maintenance man in the general office in Beaumont in 1956.

Surviving are his wife, Mrs. Lorene Collins; four children, Deborah, Arlyn, Ronald Ray and an infant daughter; two brothers. David E. Collins. Beaumont, and Collie D. Collins, Fairbanks, Alaska; two sisters. Mrs. Clara Mae Beauchamp, Oklahoma City, and Mrs. Willie Jo Phillips, Gary. Tex.; and his father, Fred D. Collins, Oklahoma City.

Funeral services were held in Ardmore, Tennessee.



A bright future for downtown Orange, literally, is assured to the constraint install on Main Street the new "Mainstreeter" street lights is being inspected by company and Westinghouse Corporation emposes plans an ultimate installation of 88 units in its downtown area. Like the gressive actions taken by Orange, the "Mainstreeter" job will be the of its type in the country. Second from the left, above, is Jim Masses house Corporation lighting engineer, who is pointing out distinctive features of the new street light unit to R. A. Landry, system lighting engineer; Ralph W. Fares Beaumont manager for Westinghouse Corporation; Cecil Nantz, distinctive features of the new street light unit to R. A. Landry, system lighting engineer; Ralph W. Fares Beaumont manager for Westinghouse Corporation; Cecil Nantz, distinctive features of the new street light unit to R. A. Landry, system lighting engineer; Ralph W. Fares Beaumont manager for Westinghouse Corporation; Cecil Nantz, distinctive features of the new street light unit to R. A. Landry, system lighting engineer; Ralph W. Fares Beaumont manager for Westinghouse Corporation; Cecil Nantz, distinctive features of the new street lights and to R. A. Landry, system lighting engineer; Ralph W. Fares Beaumont manager for Westinghouse Corporation; Cecil Nantz, distinctive features of the new street lights and the new street lights are street lights and the new street lights are street lights and the new street lights are street lights are street lights and the new street lights are street lights



What have very get to sell or trade? Kiddy Kerts, familiature, cars, burgy white:

Here's the place of the municate with mer land washers ers throughout our family alless service area and make a leaf.

PLAIN TALKS will accept no commercial advertising, of commercial advertising, of comes, but any Gulf Stater may take advantage of inspection. The space in him, will be free. Limit year "ad" in 31 a rile or less and mail it in:

THE TRADENG POST

-Plain Talks**

Beaumont, Texas



Den in the home of Neill Carpenter, Lake Charles industrial engineer, contains a fabulous collection of guns.

Lake Charles Gulf Stater's Fascination for Firearms Has Led to His Assembling an . . .

'AFTER HOURS' ARSENAL

SMOKE from the cannonfire hung low over the water as two ships—timbers shrieking under the impact, rigging and sails being torn loose—merged to be held with grappling lines in preparation for the bloody combat to follow.

A British sailor leaps aboard the enemy to spray the deck with shot from the stubby blunderbuss he holds.

This could be taken from an account of almost any sea battle fought by an English ship during the 1700's. The large barreled blunderbuss was an important weapon in close fighting aboard ship.

"Some think a blunderbuss has a bell muzzle, but there 'ain't no such animal.'" said Neill Carpenter, Lake Charles industrial engineer, as he placed the weapon back on its rack. "All these guns (250 in his collection) have a place in history. Famous names everyone knows—the Kentucky Rifle, the Henry, Winchester, Sharps, Springfield, Colt and others.

"I first started collecting guns after World War II. My son wanted to start a coin collection, and we did. After we had gone as far with it as we could, without getting into the big money, we switched to guns," he continued.

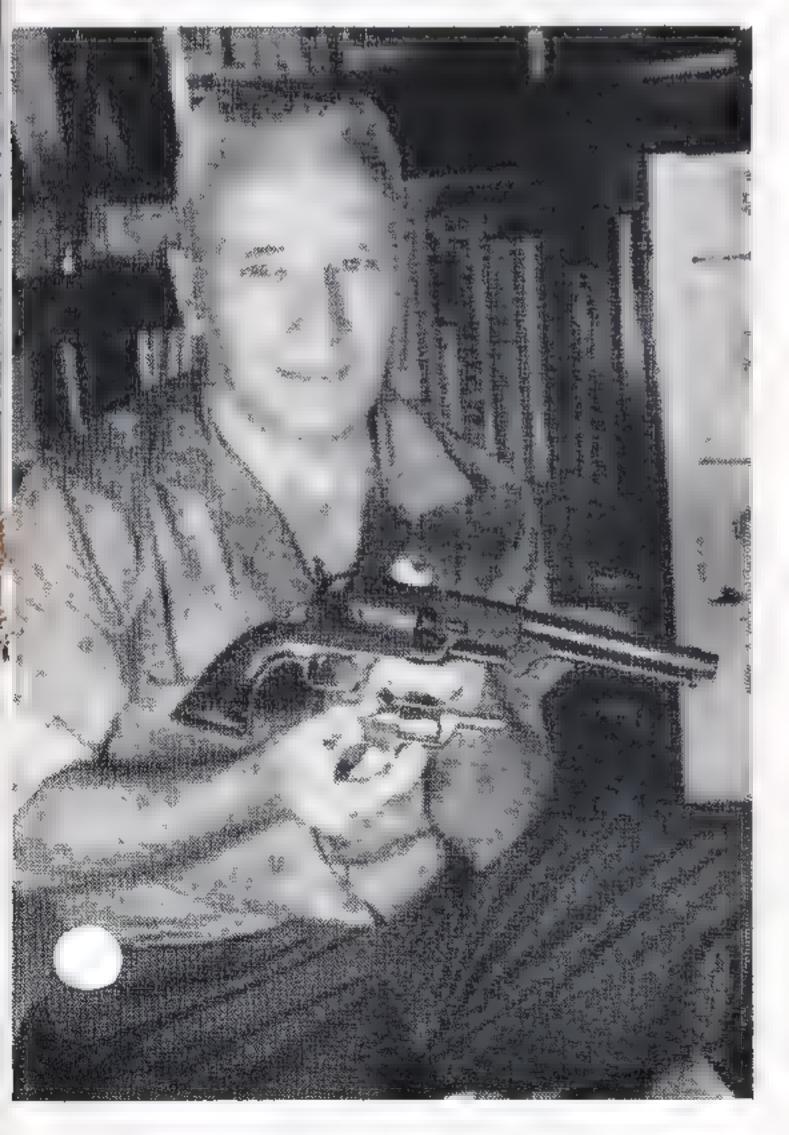
"We get them by buying from dealers, other collectors or anyone who has one some were given me by people who didn't want them, and some I've traded other guns and my paintings for."

Reaching over to the desk he said, "This I'm especially proud of." It was the August copy of THE GUN REPORT, a magazine for gun collectors. On the cover it announced an article, "Colt New Line Variations," by Neill Carpenter.

"My specialty is the Colt New Line and Winchesters. In fact, I'm what you might call 'Colt happy,' for any gun with that name I want. My number one gun is a Colt—the 44 caliber Dragoon, third model, cap and ball.

"Every collector likes to talk about his guns, although it takes some time to tell about all these. But, if anyone wants to see the collection, they just

Mr. Carpenter holds his prize hand gun, the Colt Dragoon (top), and a smaller Colt New Line to show the difference in size.

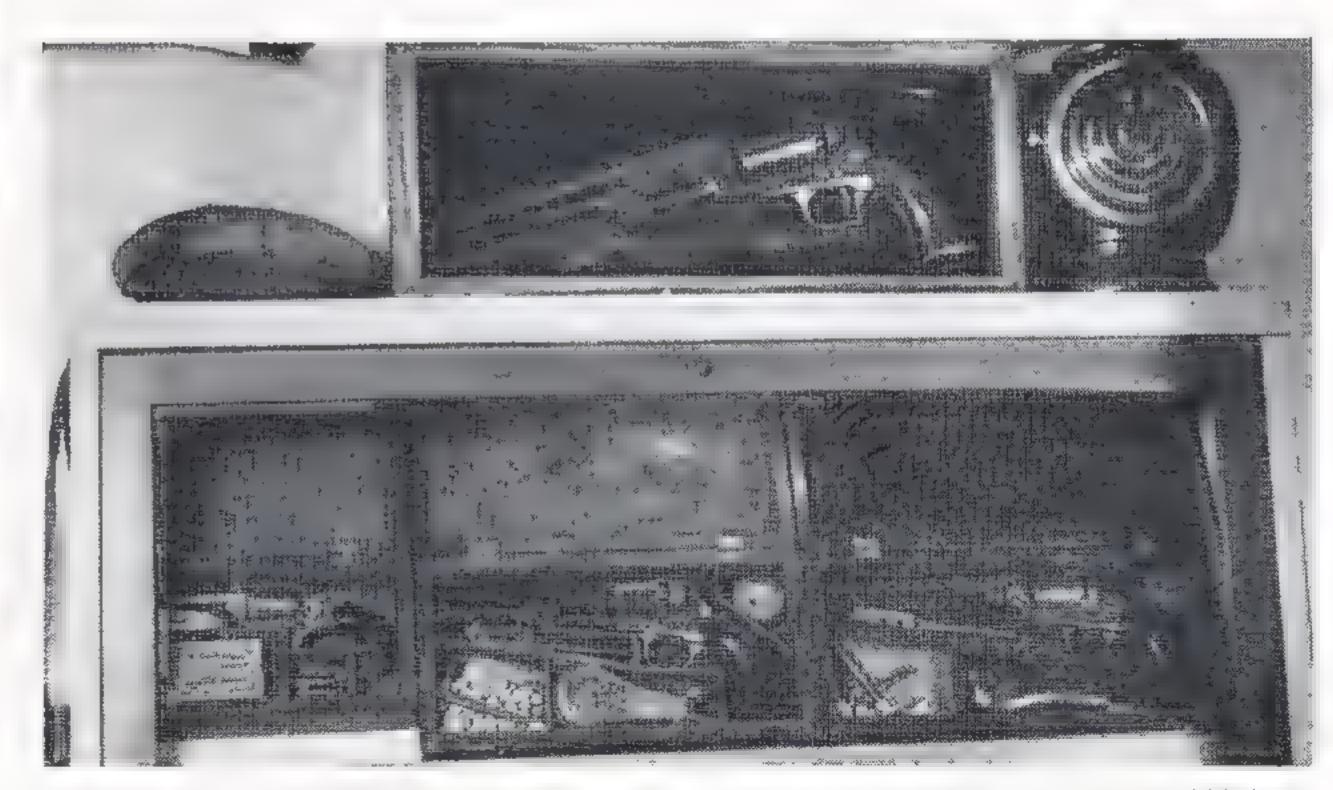




Mr. Carpenter holds a copy of THE GUN REPORT beside his collection of Colt New Line guns. These are the items he wrote article about which appeared in the August issue of the magazine.

have to let me know when and I'll be glad to show them."

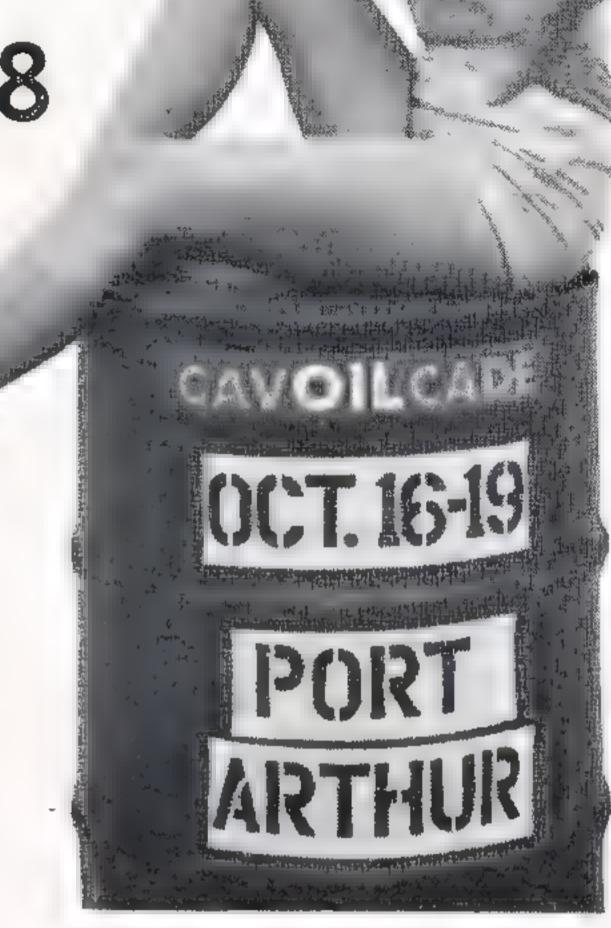
Mr. Carpenter seldom fires any of the weapons in his collection because of the difficulty in getting the proper ammunition. Modern powders are usually too powerful and every hunter knows the first rule of safety in handling guns is to get the correct ammunition. So these guns will never be used to bring down a duck, squirrel, quail, dove or deer during the hunting season which has already started this year.



These are Mr. Carpenter's cased guns. At the top is a replica of a Texas Walker, 44 caliber, made by Colt. On the bottom row are a 32 caliber Colt New Line (left), a 31 caliber Colt cap and ball made in 1849 (middle) and a 31 caliber 1848 Colt Baby Dragoon.

PORT ARTHUR, THE CITY THAT OILS THE WORLD, GETS SET TO "AWE" THE WORLD WITH ITS 1958





Last year's CavOILcade queen, Patsy Gerbens, poses prettily atop an oil drum showing the dates for this year's celebration.

As the leaves begin their slow, but massive, descent to the lawns and hunters crowd sporting goods stores for shells, guns, licenses and stamps, Port Arthurans are abustle with preparations for their celebration to honor the oil industry - CavOILcade.

Since its inception six years ago, Gulf Staters have played an important role in making the CavOILcade a success and have contributed much to its phenomenal growth since 1953.

This year's celebration will get under way October 15 with the finals in the Gulf Coast Duck Calling Championship.

The following night 42 of the city's most comely lasses will officially open the festivities in the selection of the Queen, two runners-up and a Miss Congeniality.

Gulf Staters in this year's celebration are C. M. Scott, Port Arthur division manager, who is a charter member of the Commodores. He will be among the 90 members of this group who will see the first presentation of the Cav-OILcade Varieties, starring Gordon MacRae, October 17.

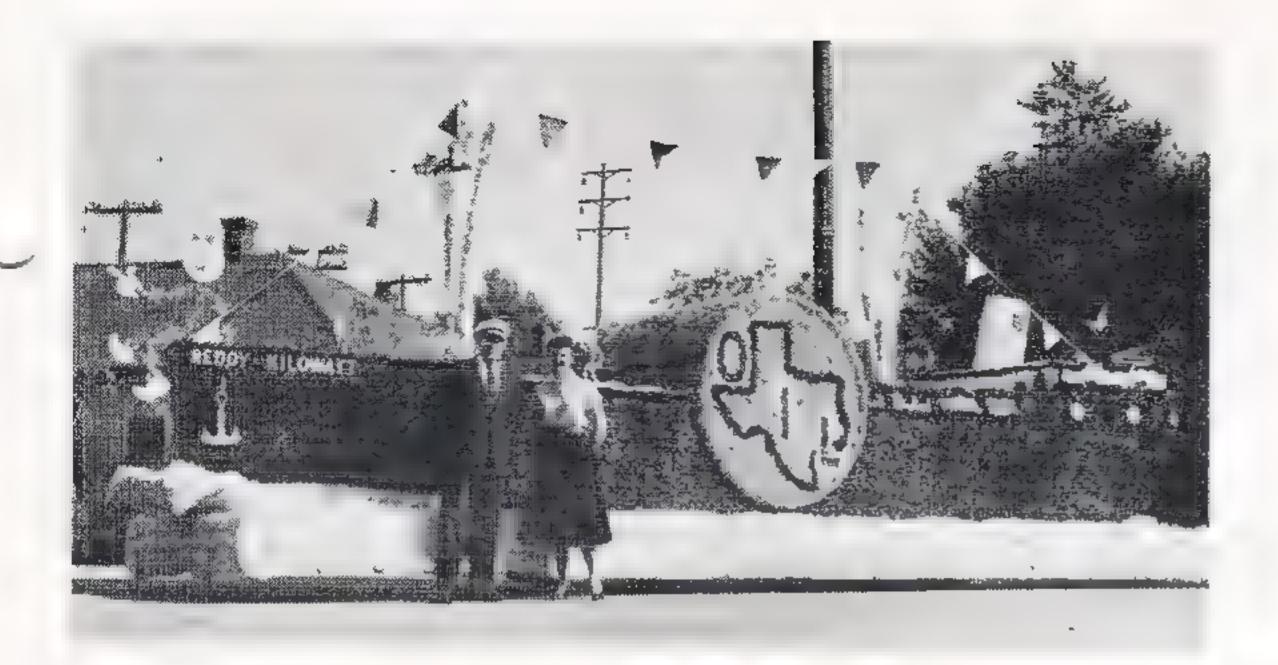
CavOILcade is sponsored each year by the Port Arthur Chamber of Commerce, of which Mr. Scott is immediate past president. Last year he was on the Board of Directors of the pageant and in charge of invitations to area dignitaries. This year R. W. Dunham, of our Accounting Department, is on the Board.

1958's stage director for the coronation, as for the past three years, is Wayne Dunham, Port Arthur T & D. Wayne has charge of decorating the

stage, planning and directing the coronation.

Saturday morning, October 18, is the day our Company really shines, if past performances can be used as a criteria. In the giant street parade, if the pattern set in 1956 and 1957 is followed, our float in the Commercial Division stands a good chance to win another first prize. Last year's was designed by Loraine Dunham, T & D Engineering, and built by A. Boutte and N. W. Perego. Drivers were W. J. LeBoeuf and Ray Cormier.

Beginning Monday of CavOlLcade week and ending the following Sunday, clues to a buried treasure will be published in the PORT ARTHUR NEWS. An innovation last year, literally hundreds of people were out in the marshes, highway right-of-ways and



"Commodore" C. M. Scott, Port Arthur Division manager, and Lorraine Dunham, T & D, appear ready to cast off and steam down Proctor aboard the Company's prize-winning float in 1957.

other vacant property digging for the treasure - 100 one-dollar bills.

minimum charge for some events in order that they may be presented, no profit is ever made. Many of the family entertainment events are presented yet.

free.

The people of Port Arthur, among Although it is necessary to make a them many Gulf Staters, provide the volunteer labor required to make this celebration a reality. And this year's CavOILcade is planned to be the best



Wayne Dunham, substation operator, decorated the stage for last year's Cav-OlLcade Queen's Coronation at Thomas Jefferson Junior High School in Port Arthur.

System toppers . . .

BEAUMONT LEADS IN SEVENTH INNING; BATON ROUGE LOOKING FOR RALLY

1958 SYSTEM QUOTAS AND ACCUMULATED SALES

Division	*K	wh	1	RAN	GES		WAT	ER I	IEAT	ERS		DRY	ERS		Н	CAT I	PUMI	PS	EL	EC.	ном	ES
Standings	Gain	Stng.	Bog.	SIs.	%	Stg.	Bog.	Sls.	%	Stg.	Bog.	Sls.	%	Stg.	Bog.	Sls.	%	Stg.	Bog.	SIs.	%	Stg.
1. Beaumont	77	2	2597	1862	72	1	482	506	105	2	1740	935	53.7	1	73	87	119	3	25	130	520	2
2. Baton Rouge	38	5	2791	1899	68	2	518	123	24	5	1870	800	42.8	3	59	77	131	2	_30	288	960	1
3. Navasota	39	4	924	529	57_	3	171	192	112	1	620	134	21.6	5	11	20	182	1	10	15	150	5
4. **Lake Charles	61	3	2081	822	40	5	386	253	66	3	1394	608	43.6	2	54	27	_50	5	20	82	410	3
5. **Port Arthur	96	1	1307	686	52	4	243	61	25	4	876	373	42.6	4	28	20	71	4	15	35	233	4
TOTAL	61		9700	5798	60		1800	1135	63		6500	2850	44		225	231	103	_	100	550	550	

7 Mos. 5153 57 7 Mos. 930 7 Mos. 3060 7 Mos. 112 the winder will be used in determining the year's winner. Monthly Kwh figures are for previous month. **4th place tie

SYSTÉM SALES DEPARTMENT

THRU JULY, 1958

THE CHALLENGE TO

By HON. STYLES BRIDGES

Senior U. S. Senator from New Hampshire

In this and the next three issues, Plain Talks will publish a digest of a recent address made by Senator Bridges before the Twenty-Sixth Annual Convention of the Edison Electric Institute at Boston, Massachusetts, June 10, 1958.

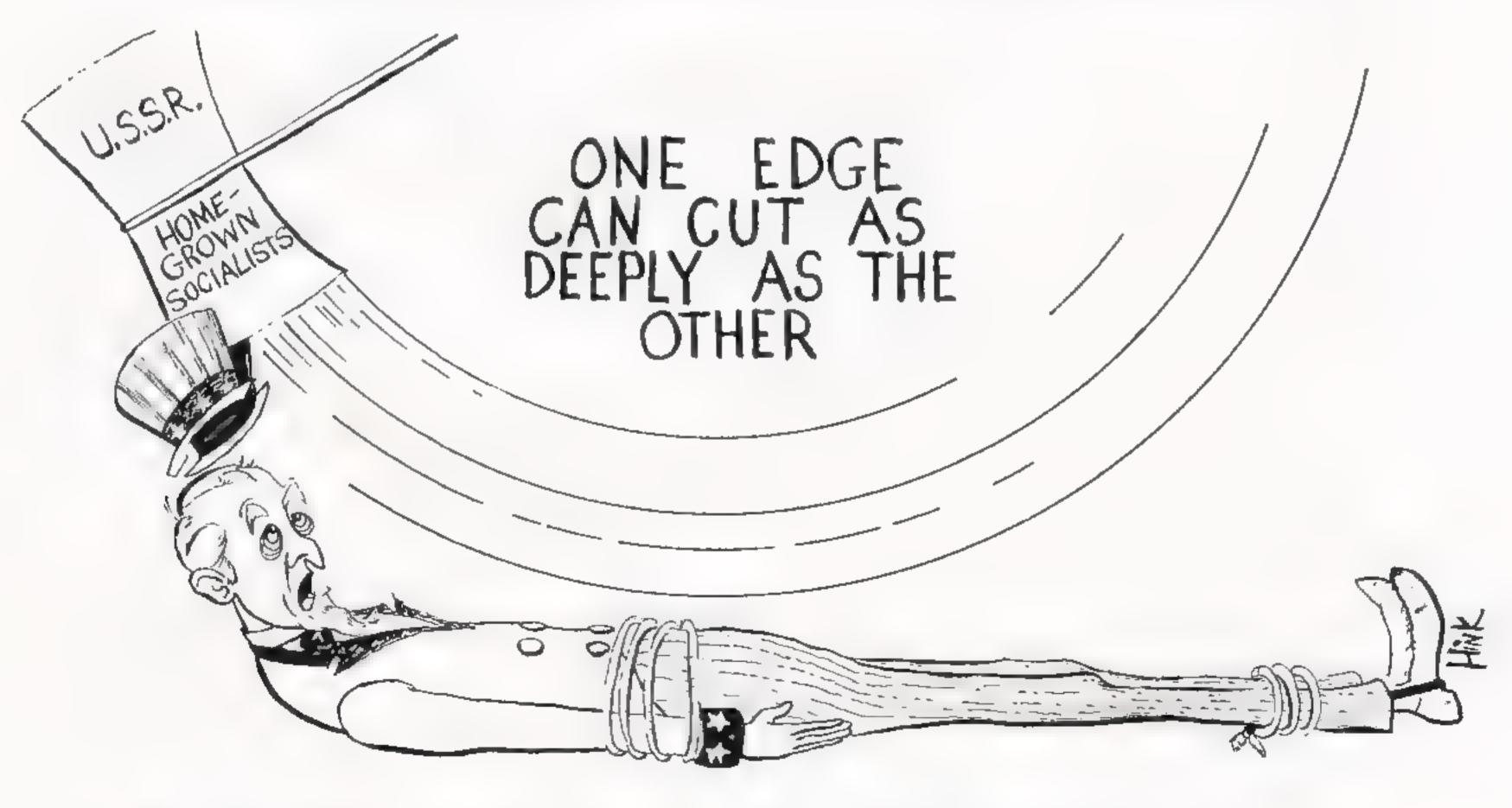
As thoughtful citizens, readers of PLAIN TALKS should find Senator Bridges' clearly presented facts most stimulating and informative.

Today, our independence is faced with a double-edged threat. First, we have the military and ideological threat posed by Socialist Russia. And second, we have the internal threat from those who believe this Nation should adopt its own version of socialism.

I recently read a news item in a Washington paper reporting a talk on freedom of the press made by that newspaper's managing editor. He said it was about time we realized that freedom of the press belongs to all the people. Well, I think it's about time we realized that this is also true of free enterprise.

Only through free enterprise can the people be certain that they get what they want, not what the government thinks they should have.

We know there have been people deliberately plotting on behalf of the Soviet Union in our country. We have faced up to this threat and have done something about it. The Communists in our midst we must watch, but we believe we can handle.



"UNCLE SAM & THE PENDULUM"

FREE ENTERPRISE

What makes our problem more difficult is the fuzzy-minded liberal thinks he is advancing the cause of humanity when he advocates more and make paternalistic government, when he votes for government controls, or when he votes for governments to manufacture one of his basic needs.

The liberal is not alone, however. What of the unthinking materialist in our midst with no historical background to warn him what happens when a Nation's people begin to live by the philosophy: "The country owes me a living."



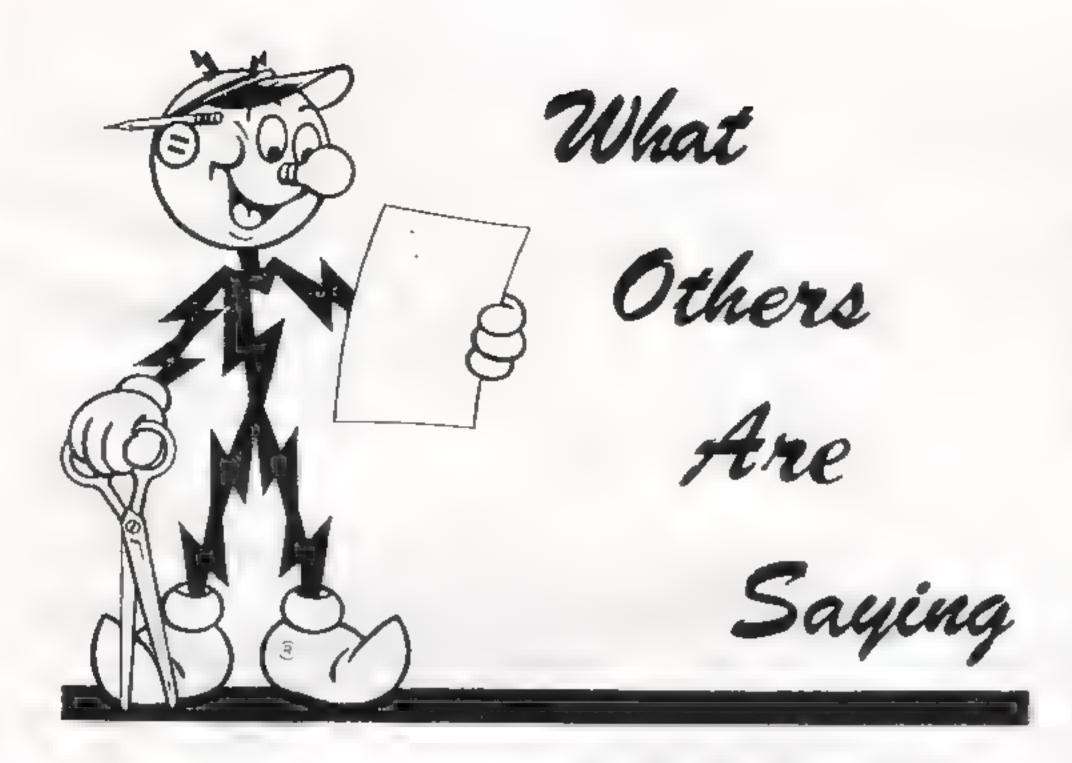
That attitude, of course, is not in the American tradition. It wasn't charity that made our country great—nor a dole, nor welfare state, nor government interference, nor socialism. Instead, it was achievement by the individual, and his pride in that achievement. It was the feeling of any man, however humble, that what others had done under free enterprise and free government, he could do.

We have come too far from that ideal. As a consequence, today in these United States we see a Federal bureaucracy growing to tremendous proportions. It is a Federal bureaucracy which robs people of their backbone by kindly offering to do things for them, and, in addition, robs them of incentive by outright interference and by unfair competition when they try to do things for themselves.

Today, 37 million 817 thousand citizens are receiving some form of payment from the Federal government.

As the national government undertakes to "do things for" the people, it creates new classes of selfish vested interests who resist any attempt to change or end the particular program that benefits them. The longer a Federal program operates, the more entrenched it becomes and the harder it is to stop.

-TO BE CONTINUED -



FROG IN A FRYING PAN

Some college boys have been experimenting with a frog and a frying pan. They fill the pan with cold water, put in the frog and places the pan over a slow fire. They know that if the water heats up too quickly the frog will feel it and jump out. So they heat the water very slowly, and as it warms up the frog remains calm and relaxed. The temperature goes up so gradually he hardly notices it. He doesn't think of jumping out, he just stays there and slowly boils to death.

You and I were put in that frying pan in 1913—

when the federal income tax was passed. . .

... (At that time) Sen. Borah said that if the tax ever reached 25 per cent the people would rebel. It's way over that now! In the upper bracket the tax takes 91 per cent of a person's income. Corporations subject to income taxes and surtaxes must pay out over 50 per cent of their earnings. Of course ... corporation taxes are passed on in hidden taxes to the consumer in the cost of goods and services. The tax load is on all of us.

. . . The income tax has resulted in the highest peacetime tax rate in the history of our country. Brother, this frying pan is getting mighty hot!

Now they can take away our property—"legally"—by taxing our income. (Try not paying it and see what happens!) The Communists No. 1 goal is to abolish private property. Their No. 2 objective, outlined in Karl Marx's Communist Manifesto, is "A heavy progressive or graduated income tax."

CAN RICH PAY BILL?

Our government is spending over \$80 billions this year. Will spend over \$80 billion for years more. Now who is able to keep on paying that bill! Some people have the idea that the rich can. Let's examine that...

If you took 100% of all the remainder (after taxes) of personal incomes over \$100,000, this money would operate the federal government for just one day! Suppose we taxed away the remainder of all incomes over \$50,000 a year—that would give us enough extra money to run the government for only four days!

... Forget that. Suppose we taxed away overything left to anyone who makes \$10,000 a year or more—that would run our hungry federal government for less than one month!

Here's the most important point: If we placed a 100% income tax on everyone who made \$10,000 a year, those people would stay home rather than work. . . . Non-defense expenses were less than \$3 billion in 1930. They were \$7½ billion in 1940 . . . Today, it's nearly \$40 billion! This fire is getting hotter all the time!

WE CUT DOWN

When we can't live on our income at home what do we do?—Go out and borrow more money?... We don't dare. We cut down on our spending—and that's exactly what our government has to do.

Every year that our federal government goes further into debt, they make inflation that much worse on us. You can't stop inflation or recession with controls—you'd have to use controls all along the line! Wage controls, etc. The controls we need most today are controls on government spending.

Write your congressman and tell him you're the frog in the frying pan—tell him that congress must turn off the heat on heavy taxes before the government ruins all of us and destroys our economy!

-Wayne County News, Waynesboro, Miss.

WHAT THE GOVERNMENT SHOULD DO

Some months ago, official forecasts held that government revenues during the fiscal year ending in June, 1959, would exceed expenditures by several hundred million dollars.

Now all hope of a budget surplus is dead as the Pharoahs. Government spending for military and other purposes is continuously increasing. And with the threat of a developing Middle East crisis, we dare say that the next fiscal year will produce a deficit of \$10 billion dollars and perhaps even more.

If there was ever a time when avoidable government spending should be eliminated, that time is now. The only other alternatives are still higher taxes, a new major wave of inflation or both.

To begin with, government should conduct no activity which can be conducted by private enterprise. The outstanding example here is, much discussed, electric power. The government's investment in socialized power plants runs far into the billions. These plants are largely and sometimes wholly, taxfree—which means a loss of more billions. And for the most part, they are tax-subsidized—and there go more billions still.

Power, of course, is but one example. Government is a huge lender, a huge banker and a huge insurer. The list of business-type enterprises run and supported by the government is almost infinitesimal. The cost to the taxpayers is enormous.

The goal can be simply described. Confine government to what government must do. Let private enterprise do the remainder—while paying taxes for the privilege.

-The Baton Rouge News Leader



The rampaging gridder above is Jesse Castete, shown in a Los Angeles Rams uniform. The former pro footballer, son of Leo Castete, Lake Charles T & D Department, and a McNeese State graduate, is now teaching school in Chicago. We think Jesse cuts a pretty fancy figure in heralding the approach of football season.

THRIFT PLAN

Purchases of Gulf States Utilities Company stock made by the Trustee during August, 1958, covering employee deductions and Company contributions through July, 1958, were as follows:

Type of Stock	No. of Shares		Average Cost Per Share
Common	781	\$36,543.98	\$46.79127
\$4.40 Prefe	erred 72	\$ 7,160.32	\$99.44889

The Trustee also deposited \$20,761.28 with the Savings Department of the First National Bank of Beaumont, Texas.

GROWING with Gulf Staters



Here is Jerry Ray Barron, II, fourmonth-old son of Mr. and Mrs. Jerry Barron. Mr. Barron is in the Beaumont Engineering Department.





Meet Martha Gail Dupree, daughter of Mr. and Mrs. Frank Dupree Jr. Mr. Dupree is senior engineering assistant at Conroe, Texas. Grandfather is Frank (Shorty) Dupree, Navasota Garage.

TWO GULF STATERS PROMOTED; ONE RETIRES



Thomas P. Comerford, formerly analyst executive in Beaumont Treasury, was promoted and transferred September 1 as assistant secretary in Baton Rouge.

A native of Middletown, Connecticut, Mr. Comerford entered the electric utility industry in 1917, as messenger and clerk for the Connecticut Power Company. He came to Beaumont in 1923 as utility clerk with Eastern Texas Electric Company, then joined Western Public Service Company at Orange as general clerk in 1925. He became a Gulf Stater as chief clerk in Lake Charles in 1927, was named assistant treasurer in 1932, still at Lake Charles, than went to Baton Rouge as assistant treasurer with the Baton Rouge Electric Company in 1933. In 1938 he rejoined Gulf States in Baton Rouge in the same capacity, and held that post until 1948, at which time he returned to Beaumont as assistant treasurer. He was named analyst in the Treasury Department in 1952.



Ben Reeves Garrison, formerly supervisor of customer accounts in Baton Rouge, has been promoted to chief clerk in that division, effective September 1.

Mr. Garrison, a native of Gilbert, Louisiana, joined the Company in Baton Rouge Accounting in 1930. He progressed through accounting posts in the Baton Rouge offices and was named to the supervisory capacity in 1948, holding that position until his present appointment.



Robert D. Stratton will retire September 1 after 14 years service with the Company.

Mr. Stratton, a native of Evansville, Indiana, joined Gulf States in Baton Rouge in 1944 as a helper in the Production Department at Louisiana Station. In 1945 he was made repairman second class and in 1948 promoted to first class, the position he has held until the present time. All his service has been at the big power plant in Baton Rouge.



SERVICE AWARDS

30 Years



Anders Poulson
Safety
Beaumont



M. M. Rodriguez Gas Baton Rouge



William Prejean
Production
Lake Charles

40 Years



F. E. Copponex Production Baton Rouge

20 Years



J. A. Uehlinger Production Beaumont



H. T. Blanchard Gas Baton Rouge



J. L. Braswell
Treasury
Beaumont



V. L. Holland
Production
Beaumont



L. B. Kent Distribution Baton Rouge

10 Years



J. W. Bass Sales Lake Charles



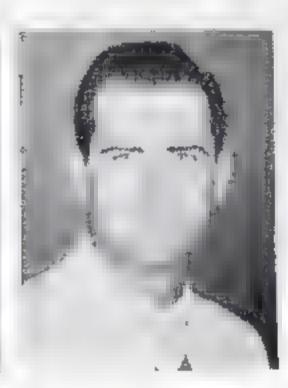
Helen H. Byrd
Treasury
Beaumont



Ruby A. Corder
Executive
Beaumont



W. A. Corkern
Distribution
Baton Rouge



L. J. Jacob Distribution Baton Rouge



E. L. Mitchell Sales Calvert



L. J. Ourso Distribution Port Allen

Colored Division



Wilford Jenkins
Production
Lake Charles



Charley Rawls
Distribution
Beaumont

10 Years



Albert Richards
Distribution
Port Arthur



E. J. Trovard
Production
Lake Charles



J. M. Wellheuser
Distribution
Lake Charles

over the







Ann Snyder, PLAIN TALKS reporter and PBX operator in Lake Charles, shows her skill at her favorite pastime, water skiing.

LAFAYETTE

Lafayette welcomes Lester Lalonde, shop & field tester, to the ranks. Lester hails from Arnaudville, La., and now lives here in the city with his wife, Gloria, and their son, Bryan. He is replacing Shelton Trahan, who was transferred to the Substation Department.

At the same time, we say farwell to **Barbara Cortese**, Accounting Department, who has left us to study nursing. Barbara has been with us since April, 1956.

Happy birthday to: Sidney Ayo, September 1; Rodney Touchet, September 3; Paul Dugas, September 10; Bernard Wiltz, September 12; Murphy Guidry, September 21; and George Parton, September 27.

Our Coffee Cup Spotlight this month falls on Miss Nancy Broussard, 17-year-old daughter of Mr. and Mrs. Nathaniel Broussard. Nancy has made the Honor Roll since her first day of school, and has had perfect attendance all through high school. She is now



a senior at Judice High School. Nancy's special achievement is that she was selected with 45 other students through I.Q. tests in Lafayette Parish to particicourse in Science. This course, sponpate in a six week's special summer sored by the School Board, has received national attention as it is one answer, at least, to President Eisenhower's plea for more scientists in the U.S. schools. As a part of the course, these special students spent a week at Baton Rouge reearching at L.S.U. Library, and were guests of the Esso Corporation and the Ethyl Corporation. The tour of the Esso Plant was the feature story of the Dixie-Roto Magazine for August 10 and Nancy and several other students were pictured on the cover. With all this going on, Nancy still had time to attend Pelican Girls' State in Baton Rouge. We're all proud of you, Nancy, and keep up the good work. Nancy's father, Nat, is a substation operator.

—By Cynthia Nolan



Bobbie Shingleur, Gas Department. took a vacation with other members of her family last month. They toured the Smoky Mountains, Rock City (Tenn.), parts of Florida, and Biloxi, Miss.

-By JoAnne King

Congratulations to Joyce Cox, stenographer in the Baton Rouge Sales Department, who was married to Raymond Padue, on July 31. The couple now resides at 2759 Sorrel Avenue in Baton Rouge.

Henry Landry, industrial sales engineer, is the proud grandfather of Christopher Glenn Landry, who was born on August 19.

Eleanor Lefebvre, office clerk in the Port Allen office, was married to Calvin Bankston, on August 2. The couple took a honeymoon trip through the Gulf Coast states to Florida and returned to take up residence on California Street.

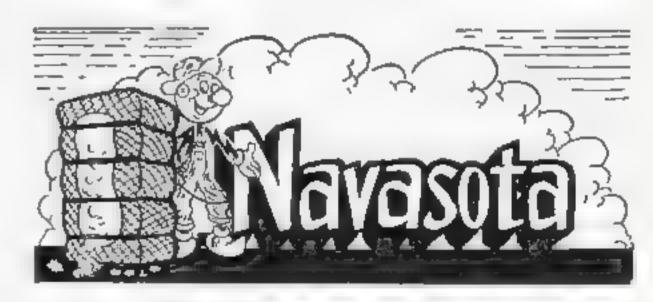
Frank Keagon, residential sales representative, is an active member of the Army Reserve. He marched off to two weeks of summer camp in Arkansas this last month. He decided that they needed air conditioning there.

Mr. and Mrs. James A. Stelly (he's our supervisor of Commercial Sales Department) spent two weeks touring the country in August and ended up their trip with a week in Toronto, Canada, where Jim attended the I.E.S. National Convention.

Best wishes to Marlene Schwartzenburg, home service advisor, who plans to be married in October to Bob Volz.

Baton Rouge Sales Department employees enjoying vacations this month are: Dolores Easley, Lester Landry, Howard Hornsby, Walter Benjamin, Jessie Hart, Phillip Marquette, and Mildred Tribble.

-By Mavis Watts



E. L. Maris, residential sales representative in Navasota, was in charge of the Navasota Division March of Dimes.

It's always a pleasure to write nice things about deserving Gulf Staters so here's a tribute to one of our boys at Cleveland, Texas. Frank Robinson, our commercial sales representative in Cleveland, is also president of the Cleveland Lions Club. This organization, in cooperation with Lions International and under the co-sponsorship of Dow Chemical and Wilson Plastics, Inc., entered into the unique service of providing blind persons with specially-built checkerboards.

Developed at great expense, the "braille-type" board will be made available free to Cleveland area blind when their names are submitted to the local club.

Well done, Frank!

Another retired Gulf Stater joins the ranks of those who have entered public office after retirement. . . Former Calvert District Superintendent John Crouch who retired in 1956 was recently elected mayor of Calvert. We know John will fill his new position very capably and feel that we have been paid quite a compliment in that one of our retired employees has been chosen for such a high honor.

Verylyn Thomas' husband Joe was injured in a car accident in August, but he's back behind his barber's chair now, fortunately. She says they'll get a new Impala to make up for it, for which, congratulations. Verlyn is in the Navasota store room.

Wedding-Bells-a n d-Orange-Blossoms Section: Ann Weatherford, departmental clerk in Navasota, became the bride of Garvin Wright, City Marshal, on July 19. Does this mean Ann is now an Honorary Deputy?

Lee Scrivener, senior engineering assistant, is building his new home in Navasota.

Recent vacation-bound Gulf Staters are D. L. Knight, Bert Foskett, Jack Kirkland, Frank Dupree (see "Growing With Gulf Staters"), and Bernice Fread. We'll let you know next issue where they went, what they did.

A new employee in the Navasota Operating Department is Mrs. Barbara Rhodes, departmental clerk. She formerly worked as librarian at Texas A & M. Glad to have you with us, Barbara.

-By Jeannette Sangster

WOODVILLE

Two Woodville Gulf Staters went to Florida for their vacations. Alene Ashworth, office clerk, visited there and so did David T. Pate, T & D line foreman. David also went to Gilchrist and Fort Worth; sounds as if he covered a lot of ground.

John A. Pittman just spent his vacation resting and fishing. Says he feels better than if he had driven 2,000 miles. John is in the line crew in Woodville.

-By Margaret S. McBride



V. R. Norvell, Woodville superintendent, crowned the Queen of the Tyler County Little League, Linda Margaret Williams, at ceremonies of the last game of the season. Vic's son, Brad, played on the team.



Janet Jones, meter clerk in Port Arthur, recently announced her engagement to Jimmy Beard. The wedding will be sometime in December, Janet tells us.

Loraine Dunham vacationed in New Orleans . . . G. L. Hagler, meter foreman, took off to sunny enchanting Mexico—any souvenirs? . . . Jean Andrews, bookkeeper, painted her house on her vacation Don S. Boring, senior engineering assitant in T & D Department, vacationed at home, too (We guess these two just didn't like the heavy traffic) Arsey L. Borne, supervisor of accounting, visited Houston and parts of Louisiana on his vacation. . .

Mack and Betty Scott have a new son. Mack is the son of C. M. Scott, manager of Port Arthur division.



Mary Helen LeMire, clerk, Port Arthur, was married to Jerry J. Boudreaux on June 14, at St. Mary's Church. Helen is the sister of Frank A. LeMire of Beaumont General Accounting Department. Mr. Boudreaux is employed by the Panama Pipeline Co. The couple is living at 4206 Lansing in Port Arthur.

Home Service Advisor Mamie Voyles is currently appearing in a film for the United Fund Drive. She plays the part of a typical housewife signing a pledge card. The film will be shown to theaters, clubs and various organizations throughout this area.

-By Loraine Dunham



Miss Betty Wiggins and Robert Keith Sullivan were married September 5 at the St. Paul's Methodist Church in Beaumont. Mr. Sullivan is in the Air Force, stationed at the Lake Charles base. Betty is a stenographer in the Advertising Department, and a former Plain Talks cover girl.

Jean Cole, and her husband and son spent their vacation traveling through Oklahoma, New Mexico and Arizona. They visited Hoover Dam, Las Vegas, Nevada, Sequoia and Yosemite National Parks. While in San Francisco, they saw Golden Gate Bridge, visited

Fisherman's Wharf and Chinatown. While in Los Angeles and Long Beach; they toured Disneyland, Knott's Berry Farm and saw the Dodgers and Redlegs play Big League baseball. In Hollywood they visited the famous Grauman's Chinese Theatre. They returned home via Yuma, Arizona and the Imperial Valley. Jean is a clerk in the Beaumont Sales Department.

-By Mary Schlicher

Visiting, skating, water skiing, swimming and plain loafing filled a week of vacation for Barbara Downs last month.

Mrs. Bonnie Baker recently vacationed in Fort Worth, visiting friends and relatives.

Two new employees are welcomed to the Credit and Collections Department. They are Mildred Ann Hall and Betty Wright.

The General Accounting Department welcomes new employee Bob Fleming.

Freddie Spitznagle has been recently transferred from the I.B.M. Department to General Accounting. Another transferree was Flo Conrad, who left Stores Auditing to move into a new space in the Payroll Department.

-By Doris Campbell

The Beaumont Engineering Department welcomes a new employee: Mrs. Nonie S. McLeod.

Mr. and Mrs. Harry Leicht, Jr., spent their vacation on a trip to Philadelphia, New York City and Washington, D.C. While in Philadelphia they visited the Museum of Art, Ben Franklin Institute, Independence Hall, Betsy Ross House and other early American points of historical interest. The Leichts were joined by friends, Mr. and Mrs. Percy Jeane. Mr. Jeane works for the Central Power and Light Co. (in the Middle of Texas). In New York they visited Rockefeller Center, Empire State Building, Statue of Liberty, saw shows at Radio City Music Hall and took a cruise around Manhattan Island. In Washington they visited the Capitol, Senator Lyndon Johnson and saw the House of Representatives in session. Mr. Leicht is a relay foreman in Beaumont Engineering Department.

-By Nadine Hester

Orchids to **H. J. Sutton,** relay and communications superintendent in the Engineering Department, on his election as chairman of the Survey of Relaying Practices Subcommittee of the National Relay Committee of the AIEE.

ORANGE

Cherry Scales, PBX operator, and Beth Bienvenu, home service advisor, recently completed ten weeks of Red Cross swimming instructions. Both girls worked very hard and did very well both in the Advanced Swimmers and Life Saving classes.

Congratulations, too, to Beth on her marriage to Allen J. LeBlanc of Beaumont on August 30 in Beth's hometown. St. Martinville, La. The couple will live in Beaumont and Beth will continue to work in the Orange office.

In Orange Memorial Hospital to Mr. and Mrs. Charles Saunders. Young Raymond Louis weighed eight pounds, 15 ounces. His dad is in the Meter Department in Orange.

Judy Miller as stenographer in the Orange office. Judy and her husband moved to Alpine recently. We surely extend a warm welcome to Betty Sue. Her husband is an officer stationed here with the Navy.

R. D. Godwin, substation operator in Orange, is reported rather ill. Hope he'll be up again soon.

Joe Lee Armstrong, young son of Mr. and Mrs. W. A. Armstrong, (Willis is in the Line Department) underwent surgery in the Orange Memorial Hospital on August 29. Happy we are to report that Joe Lee is recovering rapidly.

The girls from all departments recently went to the home of Mollie Mathews to have home-made ice cream and cake. During the evening, we popped a suprise on Beth Bienvenu and presented her with some wedding gifts. Beth was surprised, pleased and happy and all the girls enjoyed the fun.

-By Reba Willey

Friends of C. H. "Herb" Meeks will be glad to hear that he has been recently re-elected as mayor of Orange. Mr. Meeks retired as Superintendent of the Orange District in 1955, after which he was first elected mayor of the city.



Mr. and Mrs. J. B. Bishop Jr. announce the birth of their first son, J. B. Bishop III, at Beaumont's Baptist Hospital, September 4. Mr. Bishop is a commercial sales representative in Beaumont, J. B. Bishop Sr., the grandfather, also works in Beaumont as assistant manager of residential sales.

Mr. and Mrs. Harry Guidy announce the birth of a daughter, Joy Aline,, on August 4. The Guidrys have another The Guidrys have another daughter, Harriet. Harry is substation mechanic third class.

Mr. and Mrs. Shelton Trahan announce the birth of a son, Martin Keith, daughter, Harriet. Harry is substation mechanic third class.

on August 21. Shelton, an apprentice in the T & D Department, says that daughter Sharon is delighted with the new arrival.

Mr. and Mrs. Horace Lacombe announce the birth of a son, Harmon Anthony, on August 19. The Lacombes have another son, Timothy, age five. Horace, "Tutu" is a residential salesman.

Mr. and Mr. Lannis L. Tynes announce the birth of their first child, Lannis Lee, Jr., August 7. Mr. Tynes is an engineer in Beaumont's T & D Department.

Mr. and Mrs. Marvin L. Day announce the birth of a son, George Michael, on August 23. Day is an employee in the Gas Department.

PLAIN TALKS EXTENDS SYMPATHY TO:

E. S. Wall, Woodville serviceman, whose father died in Beaumont on June 21.

The family of Lamoyne Goodwin, district superintendent in Silsbee, on the death of his wife, Pauline Elizabeth, July 26.

Connie Winborn, Navasota sales supervisor, on the death of his brother. George, who passed away in Houston on Saturday, August 9.

Mr. and Mrs. D. W. Smith, on the death of their daughter, Donna Rae. 7. on August 25. Mr. Smith is a lineman first class in Port Arthur.

Reba Willey, Orange Sales Dependent, whose father, Mr. C. H. Addied on August 3 in the Methods. Figure 11. Houston after a long illness.

O. C. "Buck" Wingard on the his mother, Mrs. John R. Wingard is our commercial sentative in Orange.

Safety Contest Winners For Case Number Five Announced Case Number Six Presented

Case Number Six

Typical Accidents That Happened To Gulf Staters During The Month Of August, 1958

"While attaching a new service to pole, accidentally contacted secondary energized circuit above rubber gloves — received low voltage electrical shock."

Send your safety-suggestion ideas to Frank Jones, Safety Director, Safety Department, Beaumont.

SAFETY FLASH

Effective midnight, September 8, 1958, for the first time since the Safety Department began keeping safety records by divisions, the Lake Charles Division has worked 1,000,000 manhours without a disabling injury. Congratulations to each of the 460 employees in the Lake Charles Division.

Frank Jones
Safety Director

WHAT SAFETY PRECAUTIONS CAN HELP PREVENT "SPRAINED BACK"

Listed below are the employees winning the Safety Department Contest for the month of August, and their winning entries for Case #5.

Frank Dupre, Jr., Sr. Engineering Assistant, Conroe District—"Keep your back straight....hold the load near the center of your body and be sure of your footing."

Al Young, Advertising Department, Beaumont—"To avoid overdue strain on your back, always lift with the legs...keep the back straight and rely on the strength in your leg muscles to accomplish the lift."

A. D. McMillian, General Line Foreman, Port Arthur—"Get plenty of help when moving heavy objects...don't twist your body when pushing or pulling heavy objects... have a good solid foot-

ing...use rope line to pull heavy pole top around."

Floyd Gonzales, Baton Rouge T & D Department— "When handling poles, remember your back is like any other mechanism...it has its limitations."

R. J. Jarreau, Jr., Baton Rouge T & D Department—"As the old saying goes, women are as old as they look. Admit it, fellows, this applies to men also who do not know how to take care of themselves. Remember never to pick up with your back... never lean over to pick up anything... always stoop and pick up with your legs, keeping legs close together and back straight. When an object is too heavy to lift, always call for help. Remember, it is better to be called a weakling and have good health than to be a show-off and crippled the rest of your life."

